

Thought-on-Trial Worksheet

Date: _____

Accusation (verbatim thought):

Judge's Score:

Belief (0-100%): _____

Emotion + Intensity (e.g., anxiety 8/10): _____

Prosecution Evidence (supporting facts):

Defence Evidence (counter facts):

Cross-Examination (Socratic questions for key facts):

Character Witnesses (strengths, reviews, prior wins):

Verdict (realistic thought 140 characters):

New Belief (0-100%): _____

Sentence (specific next step within 24 hours):

Re-rate Emotion:

Emotion + Intensity After (e.g., anxiety 4/10): _____